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ABSTRACT OF THE DISCLOSURE

Aramid and aramid-blend fabrics are dyed or flame-retardant treated or both dyed and flame-retardant treated using conventional heat dyeing equipment. Amides capable of swelling the aramid fibers at least 1.5% and preferably having 7 to 14 carbon atoms are used as diffusion-promoting agents for dyes, flame retardant agents or both. Odor-free, flame resistant, colored or colored and highly-flame resistant products result.